

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

DECEMBER 2009

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,
Carole Quarrington

TELEPHONE NUMBER
870 – 3133

Transportation Program Secretaries:
Florence Brennan, Susan Shepard

TRANSPORTATION
870 – 3137

Van Drivers: Peggy Anderson, Mike Joslin
& Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

Happy Holidays! Where do I begin..... thank you, all you special volunteers who dedicate so much time and energy to make our Ellington Senior Center the wonderful place that it is. Through all your fundraising achievements, we have been able to purchase a plasma flat screen TV for everyone to enjoy. In fact, our Variety Revue Show with its success this year, once again, gave way to one of our most successful "Holiday Bazaar's" to date.

Look inside for details about our Musical Insights Holiday Celebration this year. Sign up is required for this event, as seating is limited to 40 individuals. A donation of \$5.00 is due upon sign up to reserve your spot. Mark your calendars.....our volunteers meeting is scheduled for January 28, 2009 at 3:00pm. This is your opportunity to assist in planning special events and activities for 2010. Wishing you all a very happy and safe holiday season!

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131****TRIAD SENIOR SAFETY NEWS**

HOLIDAY SCAMS: Be wary of solicitors requesting “donations” for holiday charities. Do not pledge money over the phone—do not give out your credit card number for a “pledge of support”. Instead request the solicitor mail you the information, and do not give them your address—if they had your telephone number then a legitimate charity should also have your address. If you have any questions about a legitimate charity you should call the Attorney General’s office at 860-808-5318.

“UPS” Scam: This information received from Angela De Leon, statewide TRIAD coordinator. Recent scam in Bethany, CT=elderly man received a phone call from someone claiming to be calling from “UPS”. Caller stated the man had won a prize & that a “UPS” man would come to the elderly man’s house to bring the prize. The caller instructed the elderly man to go get a certified check for \$99.99 made payable to “Peter Lawrence” and that the “UPS” man would pick up the check and then give the prize. Luckily the elderly man recognized this as a scam and called his local police with these details. **PLEASE be wary of “prize winning” callers—any questions please call our local State Police at 860-875-1522.**

Foreclosures & Scam Artist: Scam artist are preying on people desperate to keep their homes! Stay away from any so-called mortgage rescue companies that ask for upfront fees & guarantee that they can stop foreclosure proceedings. For further details on this issue look at the Neighbor Works America website www.nw.org or contact the Homeownership Preservation’s HOPE hotline for a housing counselor at 1-888-995-4673 or go to www.hopenow.com

On a more positive note....if you feel “blue” around the holidays why not try a little “retail therapy”-- and you do not need to a lot spend of money to boost your spirits! Why not go to the mall and just enjoy the decorations & seasonal atmosphere. Watch the shy child going up to talk to Santa, the teenage boy trying to figure out a good present for this 1st girlfriend, the exhausted mother mustering up the energy to work with her teenage daughter on finishing up the shopping, etc, etc....Then go to McDonalds & get yourself a coffee for \$1.00 and relax! Just being out in the “*magic of the holidays*” can help you to shake off the blues! Socialization and environmental stimulation helps release natural chemicals in our brain that help us feel good and relieve depression/anxiety. Do something good for yourself and enjoy being part of the holidays!

MEDIGAP OR MEDICARE ADVANTAGE PLAN—WHAT IS THE DIFFERENCE?---Dec. 3rd at 3pm

The Ellington Senior Center will host a presentation by Mr. Tom Hardecker of Longview Wealth Management. Tom has extensive knowledge of the Medicare insurance system and will answer your questions about which type of Medicare insurance could be right for you. Limited seating—you must preregister to attend this program by calling 860-870-3131 before Dec. 2nd. Refreshments served.

Ellington Senior Center
Transportation Department

We are experiencing mechanical difficulties with our senior center van. Therefore, you will note that some of the “special” excursions such as bowling, museums, and mall trips have been postponed until further notice. Because of this change, Decembers “Out to Lunch” has been rescheduled to the Holiday Restaurant in Ellington.

Our van will continue to be available for all of our EMAT requests and activities/programs that are held locally. Please remember that you may contact Hockanum Valley Transit for transportation requests within the Tri Town area if we are unable to provide it for you. Hockanum Valley phone number is 870-7190.



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

(EMAT's) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging.

Please note: EMATS are offered Monday – Friday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, “Out to Lunch” program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.***

BALLROOM & POLKA SOCIAL – Ballroom is taught on Fridays at (1:00pm) and Polka follows at (2:30 pm). Come join Amelia and Adam!

BIENVENUE CLUB: A group of people of French Canadian descents who have an interest in gathering with other French speaking folks for some socializing and fun. *Everyone is welcome even if you do not “Parlez-vous francais”!* **Note**: **The December Meeting has been cancelled.**

BETTER AGE CLUB - Held the 2nd and 4th Thursdays of the month at (1pm)

December 10, 2009	Pot Luck – Ellington Singers will present Christmas music. Members are asked to bring a hot or cold entrée and their own place setting (dessert will be provided)
December 24, 2009	No Meeting: Christmas Holiday

CARDS AND GAMES:

Bridge:	Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta
Canasta – “King’s Row”:	Join Barbara Donohue and friends Thursday’s at 1:00 p.m.
Dominos:	First Tuesday of the month at 1:00 p.m.; come join the fun!
Evening Cards: (Setback):	Tuesdays and Saturdays at 7:00 p.m.
Mahjongg:	Every Monday at 1:00 p.m, and every Friday at 10:00 a.m.

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m. Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00 a.m. *Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, December 2, 2009.

* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner's class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

ELLINGTON SINGERS – Our Ellington singers meet every Wednesday at 10:15a.m. here at the Senior Center. They have been busily preparing for their concert to be presented on Friday, December 4, 2009 at the Hall Memorial Library. There the singers will sing a medley of Christmas songs to kick off Winter Fest in the Town of Ellington, and also to welcome in the holiday season. Come and bring a friend!

Winter Fest begins on Friday, December 4, 2009 at the Hall Memorial Library at 7:00 p.m. The Ellington Singers will entertain us with traditional Christmas carols. Refreshments will be served. Winter Fest will then continue on Saturday, December 5, 2009 (4pm) at the gazebo on the Ellington Town Green. Following the gazebo celebration, be sure to come back to the Ellington Senior Center as the Ellington Women's Club will be sharing their holiday celebration for all to enjoy!

MEMORIES & CREATIVE WRITING – This group meets monthly every 3rd Thursday of the month from 1:00 p.m. – 2:30 p.m. at the Ellington Senior Center. The purpose of this group is to share orally or in written form the groups past, present, or ongoing experiences. Memory & Creative Writing will be hosting their holiday party on Thursday, December 17, 2009 at (1pm) here at the Ellington Senior Center.

MUSICAL INSIGHTS: Meets the 2nd and 4th Monday evening of the month. Musical Insights is held from 6:00pm – 8:00pm at the Ellington Senior Center.

Musical Insights Holiday Celebration will be held on Monday, December 14, 2009 beginning at 2:30 p.m. – 7:30 p.m. Hosted by the Ellington Senior Center & Musical Insights. Our holiday luncheon meal will be prepared by Casey's Café of Ellington. A holiday film will follow for your delight. Additional entertainment will be presented by "*Ring and a Prayer Bell Choir*" of United Methodist Church, Rockville (6:00pm). Refreshments will follow with our annual "Wassail Bowl" hosted by Jim Stoughton. The Musical Insights committee wishes to extend best wishes for a very Merry Christmas and Hanukkah celebration. A sign-up sheet is available as seating is limited to 40 people. Van service is available. Cost is \$5.00 donation per person.

OUT TO LUNCH: "Out To Lunch" is held the second Tuesday of the month at 1:00 p.m. Come join us for a great time enjoying the local restaurants in the area. Sign up is required.

January – Tea House Restaurant, Ellington

February - Plaza Restaurant, Somers

PROGRAMS: All programs require a sign-up. Call the Senior Center at 860-870-3133.

Medicare Supplemental/Medicare Advantage Plans – Thursday, December 3, 2009. Presented by Tom Hardecker.

The Aging Eye – Tuesday, December 8, 2009 (1pm). Presented by Marilyn Shirley. This is a Lunch & Learn program.

US Census Program – Thursday, January 28, 2009 (1:30pm). This is a TRIAD Program. Presented by Jim Palma who will speak on the importance of Ellington residents participating in the census and talk about the kinds of questions that may be asked.

SEW & SO/CRAFTS: Meet every Thursday morning at 9:30 a.m. in the main room of the Senior Center. Our Sew & So crafters came together for a very successful Holiday Bazaar held on Saturday, November 7, 2009. Congratulations!

SHUFFLEBOARD – Every Wednesday at 2:00 p.m. Shuffleboard is played in the main room of the Senior Center. Van service is available.

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

AMERICAN LEGION – Alan Lewandosky – Post Commander; Leonard Johnson – Services Officer at 872-7287

VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at 240-8531

Housekeeping Reminders:

1. When using the dishwasher, please remove all the clean dishes before putting dirty dishes in
2. Please remember to fully clean all coffee pots after using them
3. When putting silverware and dishes away in the kitchen, please put only clean ones back in the cupboard and drawers.
4. Please remember to keep only fresh items in the refrigerator. Remove old item from freezer and refrigerator

Happy Holidays!